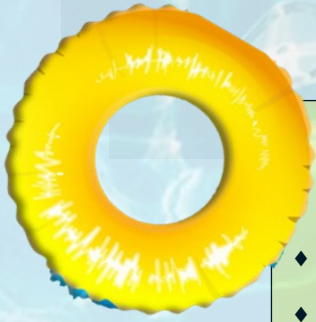


Swim Lessons 2025

Private Lessons:



- ◆ Indoor, heated pool
- ◆ For kids aged 4+, and adults
- ◆ \$160 for five sessions (30 minutes each)
- ◆ Payment required with registration
- ◆ Lessons can help develop beginner level or improve advanced (competitive) swim abilities.
- ◆ Swim forms are on our website, www.navicenthealth.org/wellnesscenter
- ◆ Look for the SWIM tab the left side of the home page.
- ◆ The forms may also be picked up in person at The Wellness Center
- ◆ WellnessServiceMacon@atriumhealth.org



The Wellness Center
3797 Northside Drive
Macon GA 31210
478-477-2300

- For questions and scheduling for kids,
Please text or call Allie 470-312-6543
(no calls between 8am-4pm please)
- For adults, fill out forms at Wellness Center